

Quiz: Nicotine

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Instructions: After reviewing **Facts on Drugs: Nicotine** on the *NIDA for Teens* website (<http://teens.drugabuse.gov/>), take this short quiz to test your knowledge

1. Tobacco use can be contributed to about _____ deaths in the United States each year.
 - a) 50,000
 - b) 100,000
 - c) 500,000

2. Smokers crave cigarettes because they _____.
 - a) like the smell of cigarette smoke
 - b) are addicted to nicotine
 - c) like the way cigarettes make them look

3. Smoking cigarettes changes _____.
 - a) the amount of a brain chemical that allows us to experience pleasure
 - b) the amount of blood that flows to the brain
 - c) the number of things we worry about

4. After smoking cigarettes for a while, the smoker _____.
 - a) needs less nicotine to get the same feeling from smoking
 - b) needs more nicotine to get the same feeling from smoking
 - c) doesn't notice any change in how much nicotine they need.



5. Cigarette smoke contains _____ chemicals.
 - a) 4,000
 - b) 1,000
 - c) 400

6. Cigarette smokers are addicted to _____.
 - a) tar
 - b) carbon monoxide
 - c) nicotine

7. After a puff a cigarette, nicotine is in the brain in _____ seconds.
 - a) 8
 - b) 18
 - c) 80

8. In the brain, nicotine locks into receptors on neurons making the smoker feel _____.
 - a) irritable
 - b) sleepy
 - c) alert and satisfied

9. After a while, the brain shuts down some receptors so a smoker needs a cigarette _____.
 - a) to stop cravings
 - b) just to feel normal
 - c) both a and b



Answer Key: Nicotine Quiz

1. **C:** Tobacco use causes more illnesses and death than all other addicting drugs combined. Nicotine is the drug in tobacco that is responsible for addiction and keeps people smoking despite harmful effects.
2. **B:** The correct answer is b. Nicotine, the drug in tobacco cigarettes, is highly addictive. It causes changes in the brain that give smokers a strong appetite for cigarettes.
3. **A:** Nicotine boosts the amount of a brain chemical called dopamine. At first, this produces feelings of pleasure. But soon, the smoker needs nicotine just to feel normal.
4. **B:** After nicotine causes floods of brain chemicals, the brain starts to make less of the chemicals. So a smoker soon needs to smoke more to get the effects that one cigarette used to provide.
5. **A:** The addictive drug nicotine is only one of 4,000 chemicals in cigarette smoke. Many of them, such as tar and carbon monoxide, are toxic and cause diseases such as cancer.
6. **C:** Smokers are addicted to the nicotine in tobacco. However, both tar and carbon monoxide are also toxic chemicals causing many health problems.
7. **A:** After a smoker inhales cigarette smoke, nicotine enters the blood in the lungs, goes through the heart and is pumped to the brain—a journey that takes only eight seconds.
8. **C:** Nicotine is similar in size and shape as brain chemicals that regulate feelings of alertness and pleasure or satisfaction.

9. **C:** Smokers have changed the way their brains work, so that they crave cigarettes as a way to make them feel normal. Without nicotine, smokers feel irritable and depressed.